

Fruit Kabobs with Yogurt Dip

Makes: 8 servings

Fruit kabobs make a colorful and fun snack that kids can help prepare.

Ingredients

- 1 **cup** watermelon (chunks)
- 1 **cup** pineapple (chunks)
- 1 **cup** grapes, red seedless
- 1 **cup** strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- bamboo skewers
- 1 **cup** yogurt, light strawberry

Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.


Food and Health Communications, Inc, Cooking Demo II

Nutrition Information

Nutrients	Amount
Calories	78
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	19 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	4 g
Protein	2 g
Vitamin D	0 IU
Calcium	62 mg
Iron	0 mg
Potassium	226 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/2 cup
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